

# Jeni's Health & Fitness Tips

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Hi Everyone!

I hope you all enjoyed the Easter break and took some time out to exercise. Or did you just think about exercising? You may have achieved more than you think. A recent study at Hull University in the UK found that when people focus on the muscle they are using, and think about that muscle working, then they achieve much more muscle activity than when they think only about the weight they are lifting or work mindlessly.

As a tai chi practitioner, I have been taught to instruct participants who could not perform the movements, due to injury, to do what they could physically, and then imagine they were moving the rest of the way. Eventually the message gets through to the muscle and there will once again be activity in that muscle.

So next time you are working out, concentrate on the muscle you are using and you will achieve much better results.

Try not to let an injury stop you from exercising. Do as much as you can without pain and then use your mind to imagine that injured part working to its full capacity. If you have an injury that is totally incapacitating then you can still take time out to imagine that part healing and becoming stronger and healthier. You can see yourself as you'd like to be. Focus on what you can do rather than what you can't. Positive thoughts can work wonders when it comes to healing.

We can take the same approach to making positive changes in our lives. Perhaps you'd like to exercise more regularly, eat less junk food, give up smoking or watch less TV. Whatever your goals may be, if you take a little time each day to meditate on your goal, imagine what your life would be like if you made these changes, and empower yourself to become proactive in changing things, then these positive changes will be more likely to happen.

So don't let injuries prevent you from working out. We can always work around them in class as long as you let me know. We'll focus on what you can do.

Spend a little time each morning upon waking to decide what you want to achieve today. And just do it!

Yours in health,

*Jeni*